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In addition to the daily activities listed below, the Clubhouse offers opportunity to build and strengthen new skills within 3 Units: Communications, Environmental and Food Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba 1:30 Walking 1:30 Creative Circle	<b>2</b> 9:00 Stretch/Walk 11:00 Focus meeting 1:30 Piano lessons / Games / 1:15 Swimming 	<b>3</b> 9:00 Walking group 9:30 Ted Talks 10:30 Peter and Friends Sing-a-long 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group	<b>4</b> 9:00 Mindfulness/Meditation 11:00 Let's talk budget! 1:30 Social group 	<b>5</b> 9:15 News & Views 11:00 Zumba! 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke 
<b>8</b> 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba 1:30 Walking 1:30 Creative Circle  	<b>9</b> 9:00 Stretch/Walk 11:00 Community Meeting 1:30 Piano lessons / Games 1:15 Swimming 	<b>10</b> 9:00 Walking group 9:30 Ted Talks 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group	<b>11</b> 9:00 Mindfulness/Meditation 10:30 Sistah time 12:00 Librarian 1:30 Social group 	<b>12</b> 9:15 News & Views 11:00 Zumba! 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke 
<b>15</b> 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba 1:30 Walking 1:30 Creative Circle 	<b>16</b> 9:00 Stretch/Walking 1:30 Piano Lessons/Games 1:15 Swimming  	<b>17</b> 9:00 Walking group 9:30 Ted Talks Group 10:30 Clubhouse Info. Session 10:30 Peter and Friends Sing-a-long 11:00 Mandala with Antonio 1:30 Communication skills group 	<b>18</b> 9:00 Mindfulness/Meditation 11:00 Planning meeting 12:45 Bowling 1:30 Social Group 2:30 Easter Egg Hunt 	<b>19</b> <b>EASTER HOLIDAY</b>  <b>SORRY!</b> 
<b>22</b> <b>EASTER HOLIDAY</b>  <b>SORRY!</b> 	<b>23</b> 9:00 Stretch/ Walking 1:30 Piano Lessons/Games 1:15 Swimming 	<b>24</b> 9:00 Walking group 9:30 Ted Talks group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group	<b>25</b> 9:00 Mindfulness/Meditation 10:00 Sistah time 11:00 Coast Post 1:30m Social Group 	<b>26</b> 09:15 News & Views 11:00 Zumba! 12:45 Birthday Celebration 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke 
<b>29</b> 9:00 Healthy Living Group 10:30 Tai Chi 10:45 Outing: TBA 11:00 Zumba 1:30 Walking 1:30 Creative Circle 	<b>30</b> 9:00 Stretch/Walking 11:00 Focus Meeting 1:30 Piano Lessons/Games 1:15 Swimming  	<b>Celebrations</b>  <b>April 19<sup>th</sup> - Good Friday</b> <b>April 22<sup>nd</sup> - Easter Monday</b>	<b>CLUBHOUSE PHONE</b> Coordinator:604-675-2350 Communication: 604-675 -2355 Environmental: 604-675-2361 Employment: 604 -675-2340 Food Services: 604-675-2360 Intake: 604-790.4519 Youth Program: 604-675-2351	<b>COAST CLUBHOUSE</b> <b>295 East 11<sup>th</sup> Ave, Vancouver</b> <b>Ph:604.675.2357</b>  <b>UNIT MEETINGS:10am &amp; 1pm</b> Task sign-up, group check-in & coffee

# April is responsibility month....

**This is about me and my responsibilities – what I want to do with regards to following rules, law and morals. For some individual(s), it can or maybe be difficult to follow through on their responsibilities. However, one needs to be aware of the responsibilities to oneself, others, and society. The first step begins with me!**

## **Some questions to ask yourself.....**

- **How do I see myself in terms of my responsibilities?**
- **What do I need to do to improve my responsible behavior?**
- **What new skills would I like to learn in terms of responsibilities?**
- **What are some obstacles that stand in my way in order to improve my awareness and maintain my responsibility?**

- Try a new task at the Clubhouse
- Make a list of your current responsibilities
- Try learning one new thing about your current responsibilities
- Reflect on who is impacted by your current responsible/irresponsible behavior - you and others
- Reflect on when your behavior is worse and why?

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